



L.A. Care
HEALTH PLAN
www.lacare.org

Cancer Screenings: Early Detection Can Save Your Life

Make an appointment today!
Do it for yourself and for your family.

Take good care of your health.

Caring for yourself begins with eating a healthy diet, being active every day, not smoking, and if you already drink alcohol, drink only in moderation. Caring for yourself also means going for regular check-ups and cancer screenings.

Take charge of your health by working with your health care team.

- Ask your doctor about which cancer screenings are right for you, when you need to have them, and how often.
- Talk to your doctor. Give information about your symptoms and health history.
- Take an active role in your health care. Get informed. Ask questions if you don't understand.
- Follow up. If you had a screening, call for the test results. Don't wait!

Benefits of Regular Cancer Screenings

- Helps detect changes in your body early
- Tells you about the state of your health right now
- Helps your doctor know how to keep you healthy
- Saves time and money
- Saves your life and your family



Remember, your health is precious.
Caring for your family begins with caring for yourself.

To learn more about the cancer screening you may need, ask your doctor for the fliers: **Cancer Screening for Women** and **Cancer Screening for Men** developed by L.A. Care Health Plan and California Medical Association Foundation. You can also download these fliers from the Internet at www.ethnicphysicians.org or www.lacare.org.

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